

DAVIDSON COUNTY RELATIVE CAREGIVER PROGRAM

Directory of Services for Caregivers



**3203 Brick Church Pike
Nashville, TN 37207
Phone: 615-226-4917
Fax: 615-226-4971**

1st Edition 2006

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Donelson Station Center
108 Donelson Pike
Nashville, TN 37214

(615) 883-8375

Hadley Park Center
3700 Ashland City Hwy
Nashville, TN 37218

(615) 248-2272

Knowles Senior Center
174 Rains Avenue
Nashville, TN 37203

(615) 743-3400

Madison Station Center
301 Madison Street
Madison, TN 37115

(615) 860-7180

The Martin Center of SCI
960 Heritage Way
Brentwood, TN 37027

(360) 376-0102

Senior Citizen INC, Branches

Bellevue
174 Rains Avenue
Nashville, TN 37203

(615) 743-3400

Inglewood
301 Madison Street
Madison, TN 37115

(615) 860-7180

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The Davidson County Relative Caregiver Program is a Program of Family and Children’s Service and is supported by the *Tennessee Department of Children’s Services*.

Legal Services

Caregiver's Bill of Rights

I have the right to take care of myself. This is not an act of selfishness. It will give me the ability to take better care of my loved one.

I have the right to seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.

I have the right to maintain facets of my own life that do not include the person I care for just as I would if he or she were healthy. I know that I do everything that I reasonably can do for this person and I have the right to do some things just for myself.

I have the right to get angry, be depressed, and **express difficult feelings** occasionally.

I have the right to reject any attempt by my loved one (either conscious or unconscious) to manipulate me through guilt or anger.

I have the right to receive considerations, affection, forgiveness, and acceptance for what I do for my loved one as I offer these attributes in return.

I have the right to take pride in what I am accomplishing and to applaud the courage it has taken to meet the needs of my loved one.

I have the right to protect my individuality and my right to make a life for myself that will sustain me in times when my loved one no longer needs my full-time help.

I have the right to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.

Author Unknown

Wave Country

2320 Two Rivers Parkway

Nashville, TN 37214

615-885-1052

(Wave Country opens for the season Memorial Day weekend from, 11:00am to 5:00pm. After the first day of school, *open weekends only*. Weekend hours are 11:00am to 5:00pm., Saturday and Sunday. Closed for the season *after* Labor Day.)

www.nashville.gov/parks/wave_country.htm

Activities for Senior's

Senior Citizens Center

Douglas Senior Center

210 North 7th St.

Nashville, TN 37206

615-862-8446

Elizabeth Community Center

1701 Arthur Ave

Nashville, TN 37208

615-862-8449

Senior Citizens INC, Centers

College Grove Senior Center

8607 Henry Horton Highway

College Grove, TN 37046

(615) 368-7093

Senior Activities

Continued

XXX Sports

1180 Antioch Pike
Nashville, TN
615-781-8766

www.xxxsports.com

Skate Center Brentwood

402 Wilson Pike Circle
Brentwood TN
615-373-1827

Hendersonville Skating Rink

750 Main St.
Hendersonville, TN
615-824-0630

River Gate Skate Center

119 Gleaves St
Madison, TN 37115
615-868-3692

Summer Fun

Nashville Shores Outdoor Water Park

4001 Bell Road
Hermitage, TN 37076
615-889-7050

(2006 Operating Schedule Opening Weekend: May 20 - 21 Open
Daily: May 29 to August 11 Open Weekends: August 12 to
September 4.)

www.nashvilleshores.com

Emergency Numbers

Life Threatening Assistance: 911

Fire: 327-1300

Non-Life Threatening Assistance: 862-8600

Mobile Crisis Juvenile: 250-7288

Mobile Crisis Adult: 726-0125

Poison Control Center: 936-2034

Drug Helpline: 1-800-662-4357

Narcotics Anonymous: 615-251-7462

Sexual Assault: 256-8526

Domestic Violence Hotline: 1-800-356-6767

Suicide Prevention/Crisis Intervention Center: 244-7444

Mental Health Crisis Services Hotline: 1-800-809-9957

Head Start Centers

Berry Head Start

2233 Winford Ave.
Nashville, TN 37211
615-862-8885

Dudley Park Head Start

1203 3rd Ave.
Nashville, TN 37210
615-862-8911

East Nashville Head Start

217 S. 10th St.
Nashville, TN 37206
615-862-8886

North Head Start

1624 5th Ave. N.
Nashville, TN 37208
615-862-8860

Reservoir Park Head Start

824 Argyle Ave.
Nashville, TN 37203
615-880-2392

Richland Head Start

5900 Charlotte Pike
Nashville, TN 37209
615-862-8935

Ross Head Start

1310 Ordway Place
Nashville, TN 37206
615-862-8878

Tom Joy Head Start

1900 Lischey Ave
Nashville, TN 37207
615-880-1690

**Metropolitan Public Schools Nashville
General Information 615-259-8400**

Family Resource Centers

Bethlehem FRC

Bethlehem Center
1417 Charlotte Ave
Phone: 615-329-3386

Cayce FRC

Martha O'Bryan Center
711 South Seventh St.
Phone: 615-254-1791

Edgehill FRC

Organized Neighbors
Of Edgehill (ONE)
1001 Edgehill Ave.
Phone: 615-256-4617

Maplewood FRC

Maplewood Comprehensive
High School
401 Maplewood Lane
Phone: 615-259-5575

McKissack FRC

McKissack Professional
Development School
915 38th Ave. North
Phone: 615-321-8366

Bordeaux/Northwest FRC

Bordeaux Enhanced Option
School
1910 South Hamilton Road
Phone: 615-291-6355 ext.
104

Cora Howe FRC

Cora Howe Elementary
School
1928 Greenwood Ave.
Phone: 615-650-6851

Fall-Hamilton

Wedgewood FRC

Fall-Hamilton Enhanced
Option Elementary School
510 Wedgewood Ave.
Phone: 615-568-3201

C.E. McGruder FRC

C.E. McGruder Community
Center
2013 25th Ave. North
Phone: 615-291-4512

Napier FRC

Napier Enhanced Option
Elementary School
60 Fairfield Ave.
Phone: 615-271-1765

Hermitage Lanes

3436 Lebanon Rd.
Hermitage, TN 37076
615-883-8900

Madison Bowl

517 Gallatin Rd.
Madison, TN 37115
615-868-1496

Tusculum Lanes

5315 Nolensville Rd.
Nashville, TN 37211
615-833-2881

West Bowling Center

5400 Charlotte Pike
Nashville, TN 37209
615-298-2632

Skating

Skate Park

2320 Two Rivers Parkway
Nashville, TN 37

Centennial Park Ice Rink

222 25th Ave North
Nashville, TN 372
615-862-8480

Snookers of Hickory Hollow

1015 Bell Rd.
Nashville, TN 37214
615-731-5573
Activities for Children/Young Adults continued

Sportsplex

222 25th Avenue North
Nashville, TN 37203
(615) 862-8480
<http://www.nashville.gov/sportsplex/>

Family Fun Centers

460 W Main St.
Hendersonville, TN 37075
(615) 824-5685

Family Fun Centers

3710 Old Annex Dr.
Nashville, TN 37214
615-425-2695

Bowling

Donelson Bowling Center

117 Donelson Pike
Nashville, TN 37214
615-868-6641

Hendersonville Bowling Center

460 W. Main St.
Hendersonville, TN 37075
615-824-5685

Activities for Children/Young Adults
Continued

Family Resource Centers
Continued

Pearl-Cohn FRC

Pearl-Cohn Comprehensive
High School
904 26th Ave.
Phone: 615-321-8361

St. Luke's FRC

St. Luke's Community
House
5601 New York Ave.
Phone: 615-350-1131

The Salvation Army Northeast FRC

Magness Potter Community Center
611 Stockwell St.
Phone: 615-255-0554

South Nashville FRC

Exchange Club Family Center
139 Thompson Lane
Phone: 615-479-2106

**Metropolitan Nashville Parks and Recreation
Community Centers**

Please check with each center for current schedule of activities,
as they change throughout the year.

Antioch Community Center

5023 Blue Hole Rd.
Nashville, TN 37013
615-315-9363

Bellevue Community Center

656 Colice Jeanne Rd.
Nashville, TN 37221
615-862-8435

Cleveland Community Center

925 North 6th St.
Nashville, TN 37207
615-862-8444

Coleman Community Center

384 Thompson Lane
Nashville, TN 37211
615-862-8445

Douglas Senior Center

210 North 7th St.
Nashville, TN 37206
615-862-8446

East Park Community Center

700 Woodland St.
Nashville, TN
615-862-8448

Elizabeth Community Center

1701 Arthur Ave.
Nashville, TN 37208
615-862-8449

Hadley Community Center

1037 28th Ave North
Nashville, TN 37208
615-862-8451

Hartman Community Center

2801 Tucker Rd.
Nashville, TN 37218
615-254-6531

Hermitage Community Center

3720 James Kay Lane
Hermitage, TN 37076
615-316-0843

Valley Amusement Park

2400 Music Valley Dr.
Nashville, TN 37214
615-885-2330 or 615-885-3270

Activities for Young Adults

All Year Fun

Grand Old Golf Recreation Center

2444 Music Valley Dr.
Nashville, Tennessee 37214
615-871-4701

www.grandoldgolf.net

Laser Quest

166 Second Avenue North
Nashville, TN 37201
615-256-2560

(Schedule: Monday/Tuesday Available for private groups,
Wednesday/Thursday 6:00 PM to 9:00 PM, Friday 4:00 PM to
Midnight, Saturday noon to Midnight, Sunday 2:00 PM to 7:00 PM)

www.lasrerquest.com

RCKETWN

Rocketown
401 Sixth Ave South
Nashville, TN 37203
Event Hotline: 615-843-4000
General Information: 615-843-4001

www.rocketown.com

Recreation Social Activities Child/Adult Continued

Activities for Children

Adventure Science Center

800 Fort Negley Blvd.

Nashville TN 37203

(615) 862-5160

(Schedule: Monday-Saturday: 10:00 am - 5:00 pm

Sunday: 12:30 pm - 5:30 pm)

www.adventuresci.com

Boy Scouts of America-Middle Tennessee Council

3414 Hillsboro Road

P.O. Box 150409

Nashville, TN 37215

615-383-9724 or Toll Free Phone (800) 899-7268

E-mail: boyscout@mtcbsa.org

www.mtcbsa.com

Boys and Girls Club of Middle Tennessee

PO Box 110268

Nashville TN 37222

615 833-2368

(Club has eight locations including two teen centers serving.)

www.bgcmt.org

Girl Scout Council of Cumberland Valley

4522 Granny White Pike

Nashville, TN 37204

615-383-0490

www.girlscoutsofcv.org

Nashville's Children's Theater

724 2nd Ave South

Nashville, TN 37210

615-254-9103

Activities for Children/Young Adults

Continued

Community Centers

Continued

Kirkpatrick Community Center

1000 Sevier St.

Nashville, TN 37206

615-862-8453

Madison Community Center

510 North Dupont Ave.

Nashville, TN 37115

615-862-8459

McCabe Community Center

101 46th Ave. North

Nashville, TN 37209

615-862-8457

McFerrin Community Center

301 Berry St.

Nashville, TN 37207

615-862-8458

Morgan Park Community Center

411 Hume St.

Nashville, TN 37208

615-862-8462

Napier Community Center

73 Fairfield St.

Nashville, TN 37210

615-256-4474

Rose Community Center

1000 Edgehill Ave.

Nashville, TN 37203

615-862-8465

Sevier Community Center

3021 Lealand Lane
Nashville, TN 37204
615-862-8466

Shelby Community Center

South 20th St. at Shelby Ave.
Nashville, TN 37206
615-862-8452

South Inglewood Community Center

1624 Rebecca Ave.
Nashville, TN 37216
615-862-8452

Watkins Park Community Center

616 7th Ave. North
Nashville, TN 37219
615-862-8468

West Park Community Center

6105 Morrow Rd.
Nashville, TN 37209
615-862-8469

Z. Alexander Looby Center

2301 Metro Center Blvd.
Nashville, TN 37228
615-862-8454

TennCare Important Numbers

Family Assistance Service Center 1-866-311-4287

Call this number for general information regarding TennCare, including: Applying for TennCare, Disenrollment & Benefit Changes, Reporting a change (such as a new address, or change in jobs), Establishing or changing an appointment with your DHS case worker.

TennCare Solutions 1-800-878-3192

Call this number to *file an appeal* about medical or prescription problems.

TennCare Advocacy Program 1-800-722-7474

Call this number if you need help with any other health-related care?

Tennessee Health Options 1-888-486-9355

Call this number if you do not have health insurance or are losing TennCare.

TennCare Partners Advocacy 1-800-758-1638

Call this number if you require help with mental health care or alcohol treatment.

Recreation Social Activities Child/Adult

Mental Health Cooperative, INC.

1501 Herman St.
Nashville, TN
615-321-2420
www.mhc-tn.org

Mental Health Association in Nashville

2416 21st Ave South
Nashville, TN 37212
615-269-5355

Metropolitan Action Commission: 615-862-8860 option 2

(For assistance with: emergency assistance, housing services, education, Low Income Home Energy Assistance Program (LIHEAP), Summer Food Services for Children.

Metro Social Services

25 Middleton St.
Nashville, TN 37210
615-862-6400
www.nashville.gov/sservices

Adult and Family Support Services 615-862-6432

Information and Referral Services 615-862-6458

Adult Homemaker Services 615-862-6480

Senior Nutrition Services 615-880-2292

Brief Counseling 615-862-6432

Burial Assistance 615-862-6458

Relative Caregiver Assistance 615-862-6432

Homeless Services 615-880-2526

Vanderbilt Community Mental Health Center

2100 Pierce Ave.
Nashville, TN 37232
615-936-3555

Metropolitan Nashville Public Libraries

Bellevue Branch Library

650 Colice Jeanne Rd.
Nashville, TN 37221
615-862-5854
(Hours: Monday/Wednesday 9:30 AM to 5:00 PM,
Tuesday/Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed,
Saturday 9:00 AM to 5:00 PM)

Bordeaux Branch Library

4000 Clarksville Pike
Nashville, TN 37218
615-862-5856
(Hours: Monday through Thursday 9:00 AM to 8:00 PM, Friday
Close, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Donelson Branch Library

2315 Lebanon Road
Nashville, TN 37214
615-862-5859
(Hours: Monday through Thursday 9:00 AM to 8:00 PM, Friday
Close, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

East Branch Library

206 Gallatin Road
Nashville, TN 37206
615-862-5860
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM,
Tuesday/Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed,
Saturday 9:00 AM to 5:00 PM)

Edgehill Branch Library

1409 12th Ave South
Nashville, TN 37203
615-862-5861
(Hours: Monday through Wednesday 9:30 AM to 5:30 PM, Thursday
11:00 AM to 7:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to
5:00 PM)

Libraries
Continued

Edmonson Pike Branch Library

5501 Edmonson Pike
Nashville, TN 37211
615-880-3957
(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday
Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Goodlettsville Brach Library

106 Old Brick Church Pike
Goodlettsville, TN 37072
615-862-5862
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM,
Tuesday/Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed,
Saturday 9:00 AM to 5:00 PM)

Green Hills Branch Library

3701 Benham Ave.
Nashville, TN 37215
615-862-5863
(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday
Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Hadley Park Branch Library

3700 James Kay Lane
Hermitage, TN 37076
615-880-3951
(Hours: Monday through Thursday 9:00 AM to 8:00 PM, Friday
Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Inglewood Branch Library

4312 Gallatin Rd.
Nashville, TN 37216
615-862-5866
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/
Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday
9:00 Am to 5:00 PM)

Social Service/Mental Health Agencies
Continued

Family and Children's Service

Werthan Office (Main Office)
201 23rd Avenue North
Nashville, TN 37203
(615) 320-0591

Davidson County Relative Caregiver Program/Center

3203 Brick Church Pike
Nashville, TN 37208
(615) 226-4917

Center for Adoption
1210 Foster Avenue
Nashville, TN 37243
(615) 253-3289 or (800) 807-3228

Southeast Counseling Office
4732 West Longdale Drive
Nashville, TN 37211
(615) 832-9220

TICCA (Trauma Intervention)
Enterprise Center
78 Lafayette Street
Nashville, TN 37210
(615) 254-1595

LIFESolutions – ReConnect

1617 16th Avenue North
Nashville, TN 37212
615) 269-9536
615) 269-3312 – fax

Disabilities Website of Services:

www.tennessee Pathfinder.org

Centerstone

Ella Hayes Center Clinic Services & Wallace Academy

1101 6th Avenue North
Nashville, TN 37208
(615) 460-4100
(615) 460-4104 - fax

Dede Wallace Campus

2400 White Avenue
Nashville, TN 37204
(615) 460-4430
(615) 460-4433 – fax

Frank Luton Center

1921 Ransom Place
Nashville, TN 37217
(615) 279-6700
(615) 279-6702 – fax

Harbor House

654 West Iris Drive
Nashville, TN 37204
(615) 269-5170
(615) 269-8015 – fax

*School-Based Counseling & Family
Centered Services*

915 8th Avenue North
Nashville, TN 37208
(615) 463-6600
(615) 460-4109 – fax

Z. Alexander Looby Branch Library

2301 Metro Center Blvd.
Nashville, TN 37228
615-862-5867

(Hours: Monday/Wednesday 9:30 AM to 8:00 PM, Tuesday/
Thursday 12:00 PM to 8:00 PM, Friday Closed, Saturday 9:00 AM
to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Madison Branch Public Library

610 Gallatin Pike South
Madison, TN 37115
615-862-5868

(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday
Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Nashville Talking Library

505 Heritage Drive
Madison, TN 37115
Voice: 615-862-5874
Fax: 615-862-5796
Schedule Line: 615-862-5876

The Nashville Talking Library is an audio reading service
broadcasting round-the clock readings to individuals who
cannot read normally printed matter because of a visual or
physical impairment, or because of a reading disability.
To get the service call 615-862-5874.

North Branch Library

1001 Monroe St.
Nashville, TN 37208
615-862-5858

(Hours: Monday-Wednesday-Thursday 9:30 AM to PM
to 5:30 PM, Friday/Sunday Closed, Saturday 9:00 AM to
5:00 PM)

Libraries
Continued

Old Hickory Branch Library

1010 Jones St.
Old Hickory, TN 37138
615-862-5869
(Hours: Monday/Wednesday 9:30 AM to 5:30 AM, Tuesday/
Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday
9:00 AM to 5:00 PM)

Mary & Charles W. Pruitt Branch Library

117 Charles E. Davis Blvd.
Nashville, TN 37210
615-862-5985
(Hours: Monday through Thursday 9:30 AM to 7:00 PM, Friday/
Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Richland Park Branch Library

4711 Charlotte Ave.
Nashville, TN 37209
615-862-5870
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/
Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday
9:00 AM to 5:00 PM)

Southeast Branch Library

2325 Hickory Highlands Drive
Antioch, TN 37013
615-862-5871
(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday
Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Thompson Lane Branch Library

380 Thompson Lane
Nashville, TN 37211
615-862-5873
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/
Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday
9:00 AM to 5:00 PM)

Libraries
Continued

Watkins Park Community Library

612 17th Ave North
Nashville, TN 37203
615-862-5872
(Hours: Monday through Thursday 10: 00 AM to 6:00 PM, Friday
through Sunday Closed)

Social Service/Mental Health Agencies

Department of Children's Services

900 2nd Ave North
Nashville, TN 37243
615-253-1400

Department of Human Services

1000 2nd Ave North
Nashville, TN 37243
615-532-4000

Division of Mental Retardation Services

15th Floor, Andrew Jackson Building
500 Deaderick Street
Nashville, Tennessee 37243
(615) 532-6530

Statewide MR Hotline-1-800-535-9725

**Department of Mental Health and Developmental
Disabilities**

Mental Health Services
425 Fifth Avenue North
3rd Floor, Cordell Hull Building
Nashville, Tennessee 37243
(615) 532-6767